

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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Home Run Derby sees David vs. Goliath story

160-pound ‘base-hitter’ upsets 220-pound colossus at Annex Field

Lance Cpl. Ryan Trevino
Combat Correspondent

Of the 18 participants who entered a Home Run Derby at Annex Field here July 22, as part of Marine Corps Base Hawaii’s Summer Slam Invitational Softball Tournament, two stood out more than the rest.

The biggest and the smallest of the 18 men, in terms of size, wielding bats seemed to have little or no connection with each other until the very end of the contest.

The biggest man was Jaime Cain, or as everyone else, including his wife, calls him, “Big Swoll.” His massive frame, forged from 225 pounds of pure muscle, dominated the field during most of the contest. He belted eight homers over the tall fences at Annex with ease before he retired to the dugout. In this case, size had everything to do with it. Big Swoll said he has never played baseball before.

Cain’s eight smackers seemed to be an unreachable number for the other contestants. Of the 18 hitters, totaling 35 home runs between all of them, only three hit more than five home runs before their turn was up.

About an hour and a half after the contest kicked off, 17 of the 18 batters had already taken their turns swinging the bat, and all signs pointed to Cain as the victor.

To most, the contest was over. Spectators were beginning to disappear from the stands to get some lunch before the rest of the tournament continued later that day. Even Cain was nowhere to be found.

In fact, hardly anybody was paying attention to the contest that was still going on when 160-pound Cecil Hale walked up to the plate. He nailed the first pitch thrown to him deep over the center field fence. Still, nobody really watched what was occurring on the field.

Then he hit his second and third home runs. The fourth and fifth homers came back-to-back. He was definitely heating up now.

Now there was a certain aura blanketing Annex Field. People were starting to notice this batter, who stood half the size of Cain, holding his bat. The spectator’s eyes quietly checked the fences, making sure they had not picked up and inched closer to the plate, but the distances had not changed. It was still 275 feet in left field, and 289 in right and center fields.

After Hale’s seventh home run, all eyes were now on home plate. That’s when he hit his eighth and final home run. The crowd erupted in whistles and applause. Hale had tied Cain for first place. And since Cain was nowhere to be found for a tie-breaking round, Hale was declared the winner.

David had defeated Goliath. Hale proved that swing mechanics were more important than just muscling

the bat.

Stacy Barkdull, varsity sports coordinator, Marine Corps Community Services, here, presented Hale with a prize, the choice of a bat bag or a backpack, after the contest was over. He chose the backpack.

Barkdull said that this tournament was the first time she hosted a Home Run Derby, but said she was impressed with how it turned out.

“I definitely didn’t think 18 people were going to sign up,” said Barkdull, who had to teach herself the rules of a Home Run Derby by researching it on the Internet.

Hale stated he didn’t expect to win when he first entered the event.

“I just came out for batting practice,” said Hale, who spends plenty of time playing softball on his free time. “I’m usually a base hitter, not a power hitter.”

Hale added his strategy coming into the contest was a simple. “You got to hit strikes.”



File Photo

Gear up! Safety tips for bicycle riders

Jenny Sokol
LIFELines

Whether it’s spring and the tulips are in bloom, the height of a long, hot summer, or a chilly autumn day with the trees turning colors, there’s no better way to enjoy the outdoors than by bicycle. But before heading out, be sure to review some basic safety tips.

Bikers Beware_Most bicycling accidents occur less than five blocks from home, and are the result of falls. Collisions with motor vehicles account for only 20 percent of bike injuries, but these collisions are far more dangerous and account for 95 percent of cyclist deaths. And cyclists are at fault in 70 percent of all collisions.

Protect Yourself
_ Wear a helmet. Purchase a helmet with a sticker from the Consumer Product Safety Commission (CPSC), and ask the salesperson to help you find the correct size. Adjust the chin strap until the helmet doesn’t slip, and place the helmet forward on your head.

_ Wear the right clothes. Always wear shoes with soles. In cold weather, wear layers instead of bulky clothes. Tuck loose-fitting pants into your socks or secure them with rubber bands.

_ Be bright at night. If you must ride at night, use rear and side reflectors, clothing with reflective tape, and a headlight.

_ Become street smart. Come to a complete stop at stop signs, and look all around you. Always ride with traffic, in single file. Beware of parked cars — they may merge into traffic or open a door suddenly. Finally, always signal your intentions.

Child Safety_Children need more safety instruction than adults. Because they don’t drive yet, they don’t understand traffic patterns or anticipate drivers decisions. Also, they tend to follow each other, resulting in peer-pressure injuries, such as when the last child in the group doesn’t stop at a stop sign in order to keep up with the rest of the group.

Fit your child’s bike so that both feet touch the ground when he or she straddles the bike. Gearless bikes are easiest for children to maneuver. Teach them to stop and look both ways before coming out of a driveway or alley, and to walk their bike across busy streets.

Check with the military base closest to you for safety workshops for children. Often installation Safety

See **HELMET**, C-4



Lance Cpl. Ryan Trevino

Cecil Hale’s swing hits one of his eight home runs, during a Home Derby held July 21 at Annex Field, here. Hale, the smallest of the 18 participants in the contest, took first place in the competition. He was presented with a back pack by Stacy Barkdull, varsity sports coordinator, Marine Corps Community Services, Marine Corps Base Hawaii.

Staying fit

Marines, Sailors and civilians work out together at the Semper Fit Center gym, here. All are getting a good cardiovascular workout, using the machines available at the gym.

Marine Corps Community Services offers personal trainers for those who want a more tailored exercise regiment, or for those just looking for some good advice on weight management and weight control. If interested, contact the Semper Fit Center at 257-7597.

For those who have children and need a babysitter during workout sessions, inquire about Semper Fit Center’s Parents for Fitness at 291-9131.



Lance Cpl. Rick Nelson

Sports Briefs

Youth Soccer Coming Soon
Marine Corps Community Services’ Youth Activities’ Youth Sports is still accepting registrations for Youth Soccer. The league begins in August. Call 254-7611 to register.

Now until July 31
Youth In-Line Hockey Registration
Register your child now for In-Line Hockey. The season runs from Aug. 1 to Dec. 15.
When registering, be sure to bring a copy of your child’s birth certificate or youth military ID. Youth Activities has moved into the old base chapel, Bldg.1090, next to the Marine Corps Exchange Annex.
Call 254-7610 for more information.

Party Your Way with MCCS Aquatics
One of MCB Hawaii’s greatest aspects is that you can swim year-round. What’s even better, you can throw pool parties year-round. MCCS Aquatics hosts private pool parties at Kaneohe Base Pool, the Camp Smith Pool and the Manana Housing Pool – Tuesdays through Fridays, weekends and holidays. “Pool parties are great for birthdays, youth teams ceremonies, even family get-togethers,” stated Harry Sprague, MCCS aquatics manager.” Each party package includes a 20-foot by 20-foot tented area, picnic tables, and a barbeque grill for grilling your favorite feasts. The Kaneohe Base Pool offers a water slide, diving boards and a kiddie pool. “The pricing is very affordable, and the locations are all convenient,” furthered Leonard, “all it takes is a call.”
Call MCCS Aquatics at 254-7655 to set up a date for your pool party.

Women softball players needed
Base intramural women’s softball team is looking for a few good players for the 2006 softball season. The team will play in the intramural softball league at Pearl Harbor, as well as in a local league and in local tournaments.
Call Master Gunnery Sgt. Louis Schumacher at 257-1469 for more information or to sign up.

Ongoing

Fall registration for Inline Hockey
Registration will continue until July 31 at Building 1090B from 9 a.m. 5:30 p.m. Registration fee is \$85 per player. Practice will begin Aug. 1 and the season will run from Aug. 26 to Dec. 9.

Parents for Fitness
This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.
All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.
Call 291-9131 for more information.

Personal Trainers Available at Semper Fit
For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.
They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.
Call Semper Fit Center at 257-7597 to schedule an appointment.

K-Bay Lanes
Economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.
Call K-Bay Lanes at 254-7693 for more information.

Color Pin Special
Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!
Call the K-Bay Lanes at 254-7693 for more information.

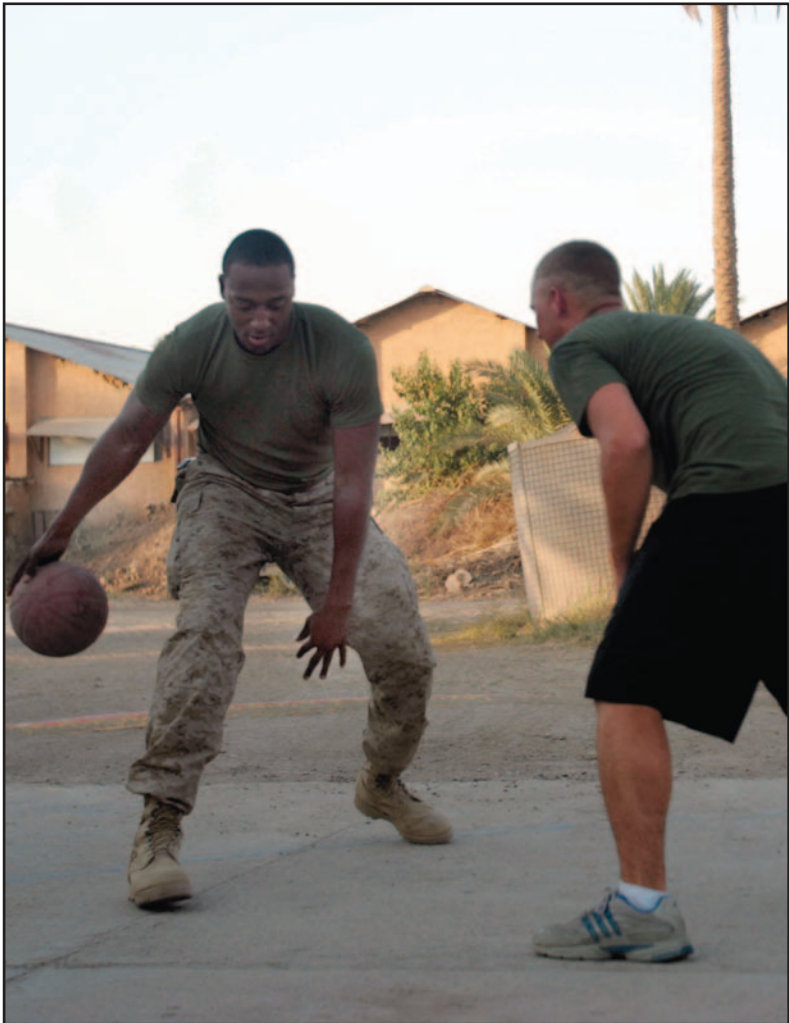
Paintball Hawaii
Nestled behind the Lemon Lot, stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.
Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.
Call 265-4283 for appointments.

Deep-Sea Fishing Charters Offered at Base Marina
Fishermen searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.
Avoiding the traffic and crowd of Oahu’s South Shore, Bill Collectors charters fish off the uncrowded waters of windward Oahu.
Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Okinawa Kenpo Karate
Every Tuesday and Thursday, join MCCS Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.
Call 254-7610 for information.

==Sports Around The Corps==

‘Betio Bastards’ get bounce from basketball while in Habbaniyah



Lance Cpl. Ray Lewis

Corporal Antonie L. Sims, a field radio operator from Richmond, Va., goes one-on-one with Lance Cpl. Michael S. Ledsome, a 24-year-old Jump Platoon member from Austin,Texas, July 17. Marines spend most of their downtime playing basketball. Sims and Ledsome are both assigned to Headquarters and Service Company, 3rd Battalion, 2nd Marine Regiment.



Lance Cpl. Ray Lewis

Lance Cpl. Michael S. Ledsome, a 24-year-old Jump Platoon member from Austin, Texas, throws a basketball over members of an opposing team July 17. Marines spend most of their downtime playing basketball at Camp Habbaniyah. Ledsome is assigned to Headquarters and Service Company, 3rd Battalion, 2nd Marine Regiment.

Camp Lejeune’s wounded receive aid on golf course

Lance Cpl. Ryan M. Blaich
II Marine Expeditionary Force

MARINE CORPS BASE CAMP LEJEUNE, N.C. — More than 20 Marines from the II Marine Expeditionary Force Wounded Warriors Barracks and several community volunteers gathered at Paradise Point Golf Course on Camp Lejeune, July 25, to reap the benefits of Camp Lejeune’s 2006 Marine Corps Celebrity Invitational tournament, which raised more than \$82,000 – twice the amount collected last year.
The money raised by the MCCI was divided among three local charity organizations, with the majority of the money, \$41,500, going to Disabled Sports U.S.A. for its Wounded Warriors project. Project CARE received \$8,300 and Jacksonville’s United Services Organization accepted \$33,000.

Disabled Sports U.S.A. used some of its proceeds to purchase and donate a modified golf cart with hand controls and a swivel seat to the Wounded Warrior Barracks. The cart should enable Marines to play golf despite any injury, said Kirk M. Bauer, executive director of Disabled Sports U.S.A.
In addition to the generous donation from Disabled Sports U.S.A., the Wounded Warriors also received eight sets of golf clubs from Cleveland Golf Company, Inc.
To ensure Marines were on top of their golf game, A.J. Bonar, head teaching professional at A.J. Golf School in Carlsbad, Calif., flew from San Diego to Camp Lejeune and spent three days with the Wounded Warriors to share his golfing tips.

See *WOUNDED*, C-3



Lance Cpl. Ryan M. Blaich

Gunnery Sgt. Kenneth Barnes (foreground), staff noncommissioned officer-in-charge of the Wounded Warriors Barracks, spends time perfecting his golf swing at the Paradise Point Golf Course July 26. The Wounded Warriors received eight new sets of golf clubs from Cleveland Golf Company and a modified golf cart from Disabled Sports U.S.A.

From WOUNDED, C-2

Playing golf is something Marines of the Wounded Warrior Barracks are becoming accustomed to, said Lance Cpl. Brandon Love, who has been a member of the barracks since it was founded in Nov. 2005.

“It’s something we do for fun,” Love said.

“Even if we’re not very good, we’re all competitive.”

Bauer said it is important the wounded veterans stay active in some form of friendly competition, and the benefits of playing such sports as golf are twofold. “First, it gets them out of the hospital. They have a good time and do something physical,” he said. “Second, it helps their therapy.”

By actively using the muscles and motion that golf requires, Bauer said the warriors should gain needed strength, greater range-of-motion and flexibility.

While wounded Marines are familiarizing themselves with the game of golf, the generosity of the community and the nation still amazes some.

“It blows my mind when people do this,” said Lance Cpl. Zachary O’Grady, Wounded Warrior, II MEF, who was injured by a car bomb in September. “You’re always hearing about the negative things. Then you see, first hand, the good things, the good people. It means a lot.”

Marines, dressed in shorts and polo shirts, attacked golf balls at will and sent hundreds of them down-range. While their laughter and the golf club’s distinct ping seemed to play in cadence, the warriors appeared healthy, jovial and almost like a tougher version of Tiger Woods.



Lance Cpl. Ryan M. Blaich

Former NBA player Jack Marin (foreground) gives Camp Lejeune’s Wounded Warriors golf tips at the Paradise Point Golf Course July 26. Marin played professional basketball for 11 years, and said he wanted to visit with the warriors because he has always admired the Marine Corps.

Activity, nutrition do add up

Cmdr. Lissa Ann Wohltmann

USN REDCOM South

To easily cut health care costs, simply put a stop to preventable diseases. This is the basic sentiment of many doctors and health organizations.

One simple way is to take advice from the America On The Move plan.

“We are trying to get people to integrate a moderate amount of physical activity” in their day, said Wendy Artman, an America On The Move representative. “Everybody can make a small step.”

America On the Move is a national initiative designed to help all Americans maintain or improve health through small steps. No weighing your food, counting calories, calculating the carbohydrates in a Tic-tac or running marathons. The message is uncomplicated: move more, eat less. Yet, American culture doesn’t seem to support active lifestyles.

“A lot of physical activity has been engineered out of our lives,” said Philip Haberstro, president of the National Association of Health and Fitness. For example, children who live three blocks from school don’t walk or ride a bicycle; instead they are driven. An employee who sits in front of a computer all day is considered efficient.

Also, the message is to eat nutritiously and judiciously. According to ScienceDaily, “The hearts of people who follow a low-calorie, yet nutritionally balanced diet resem-

ble those of younger people.”

A great number of restaurants sell an enormous amount of unhealthy fare, while the healthiest eating approach — plant-based nutrition — is treated as an afterthought.

Dr. Stephen Barrett, notoriously known for debunking myths in the medical world, said that generally people don’t need to purchase expensive nutritional supplements.

“Balanced diet provides the nutrients most people need,” he wrote in his report Twenty-Five Ways to Spot Quacks and Vitamin Pushers. “The average American — stressed or not — is not in danger of vitamin deficiency.”

Buying all these excess vitamins and nutrients can cost big bucks. Barrett urges people to beware when others try their scare tactics. The average person adhering to U.S. Dietary Guidelines is in no danger of vitamin deficiency. If someone is treating you and selling you supplements, it’s a good sign that this is not the most reputable individual with whom to trust your health.

You also can stretch your health care dollar by purchasing generic drugs, getting your medications from mail-order pharmacies — if possible — having your child vaccinated and avoiding emergency rooms. Also, get the most from your insurance plan by checking on everything on your bill as well as ensuring your deductible is correct. If you do become ill, however, learn everything you can

See HEALTH, C-4

Taking care of your hearing health

Lt. Cmdr. P. L. Pentin

Naval Hospital Bremerton

Long exposure to excessive noise can damage hearing. Cells and nerves in the inner ear are destroyed by continuous or repeated exposure to loud sounds. If enough cells and nerves are destroyed, hearing is permanently lost.

Whether noise harms your hearing depends on the loudness, the pitch and the length of time you are exposed to the noise. The loudness of a sound is measured in decibels (dB). The loudness and the length of exposure are related – the louder the

sound, the shorter the exposure can be before damage occurs. For example, 8 hours of exposure to 85 dB noise on a daily basis can begin to damage a person’s ears over time. Using power tools (at about 100 dB), listening to a stereo headset (at about 110 dB), attending a rock concert (at about 120 dB) or hearing a gunshot (at 140-170 dB) may damage the hearing of some people after only a few times.

People often fail to notice the danger of noise because it doesn’t produce many symptoms. Hearing loss is rarely painful. The symptoms are usually vague feelings of pressure or

fullness in the ears, speech that seems to be muffled or far away, or a ringing sound in the ears that you notice when you are in quiet places. These symptoms may go away minutes, hours or days after the exposure to noise ends.

People assume that if their symptoms go away, their ears have bounced back to normal, but this isn’t really true. Even without symptoms some of the cells of the inner ear may have been destroyed by the noise. Your hearing will return to normal if enough healthy cells are left, but you can develop lasting hearing loss if the noise exposure is

repeated and more cells are destroyed.

The first sign of noise-induced hearing loss is not being able to hear high-pitched sounds, like the singing of birds or the voices of women and small children. If the damage goes on, hearing declines further, and lower-pitched sounds like men’s voices become hard to understand.

You can help to prevent hearing loss by reducing your exposure to noise. This step is especially important for people who work in noisy places or who commute to work in noisy traffic or construction. If you can’t help where you work, choose

quiet leisure activities instead of noisy ones.

Develop the habit of wearing earplugs when you know you will be exposed to noise for a long time. Disposable foam earplugs cost about \$2 a pair and are available in commercial drugstores. These earplugs quiet about 25 dB of sound and can mean the difference between a dangerous and a safe level of noise. Consider wearing earplugs when using power tools, lawn mowers, when riding a motorcycle, or when attending a rock concert.

See HEARING, C-4

Marines dodge left, right through tournament



Pfc. Kendra McKinny

Lance Cpl. Brian Jaques throws a ball at an opponent during the Single Marine Program-sponsored dodgeball tournament, July 19. Jaques is a combat cameraman with Combat Logistics Battalion 27, 2nd Marine Logistics Group.

HEALTH, from C-3

about your condition. This will save you time and frustration when dealing with the proverbial runaround from health care providers. The best and most efficient way to save on health care costs is through the Navy's PMS — Preventive Maintenance System on your body. A healthier body means a healthier wallet.

HEARING, from C-3

Try not to use several noisy machines at the same time. Try to keep television sets, stereos and headsets low in volume. Loudness is a habit that can be broken.

make sex safer for both. And if you let a woman know that you respect her wishes and won't pressure her, she may be more likely to see you again.

Behave Responsibly — Sailors and Marines are expected to behave responsibly. This includes respecting the rights of others and not taking unfair advantage of a situation. Not only could you inflict severe emotional trauma on someone, but the legal consequences for a sexual felony are severe and could easily ruin your career and your life. Learn more about how alcohol affects your body and sexual responsibility.

The next time you're about to let your reactions get the best of you — stop to think about the irreparable harm you could cause.

HELMET, from C-1

Centers host bicycle safety stand-downs for families. The Bicycle Safety Education Resource Center provides bicycle safety information to assist in teaching your child to ride safely.

Biking on Base — While on-base biking tends to be rather safe due to enforced safety rules, off-duty biking is another story. According to Phil Bower, safety specialist at Camp Pendleton's Base Safety Center, the most common bicycling violation in off-duty recreational mishaps is the failure to wear a helmet. On base, he encourages cyclists to stay well within designated bike lanes. OPNAVINST 5100.25A outlines the rules for biking on base, including wearing light-colored clothing and reflective clothing during reduced visibility conditions.

Pre-Biking Checklist

- Inspect tires. Ensure that the tire tread is not worn, and the air pressure is correct. Carry a spare tire or patch kit in a bike pack. Learn how to change a tire before going for a spin.
- Clean up. Wipe your bike down and oil moving parts often.
- Make adjustments. Check that the brakes bring the bike to a quick, smooth stop. Make sure the seat and handlebars are a good fit for your body.

MARINE CORPS BASE CAMP LEJEUNE, N.C. — The phrase extreme sports may conjure up images of skiers leaping from airplanes, but probably not dodgeball. The one-time gym-class activity is becoming a renowned sport and there's even a new television show dedicated to it.

Joining the alternative sport craze, Marines from all units on base came together with one thing in mind – to defeat their fellow brother-in-arms during the Single Marine Program-sponsored dodgeball tournament, July 19.

Marking the third time the Single Marine Program has hosted a dodgeball tournament, the participation level increases with each tournament, said Michael Saunders, the Single Marine Program manager.

“I have been asked by many Marines to have another tournament,” Saunders said. “It's always fun when we have a good turn out.”

The double elimination tournament had 18 teams, with no more than seven players per team, participate

in the event.

Whether a Marine was an administrative clerk, parachute rigger or an artilleryman, everyone was able to participate without the bureaucracy of jurisdiction.

“It was a good chance for Marines to get together and have a good time,” said Cpl. Nick J. Lapinski, a combat cameraman with Combat Logistics Battalion 27, 2nd Marine Logistics Group. “Rarely do you see such an assortment of (military occupation specialties) in one area like this.”

To keep the tournament moving, each match extended no longer than 10 minutes. Before the referee blew the whistle, all players were required to touch the wall of their respective side before racing to the middle of the court to collect the dodgeballs before the opposing team could reach them.

However, before the matches began, Saunders instructed that there will be a cone on each side of the court. If a player successfully knocked over the cone, which was guarded by their opponents, then the attackers' players who were sitting out were allowed to enter back into the game.

“I have never played dodgeball with that rule,” said Cpl. Mack Coffman, a data network specialist with CLR-27, 2nd MLG. “But, it is a good idea. Lets say your team only has one player left in the game, and he is going against a few guys on the other side. The best idea is to try and knock the cone over to give you a little hope of winning.”

Teams were filtered through the double elimination tournament until only two teams remained. Marines with 3rd Battalion, 6th Marine Regiment, took first place over 5th Battalion, 10th Marine Regiment, both with 2nd Marine Division. The dodgeball tournament's first place team was awarded gift certificates, while both teams were awarded T-shirts from the Single Marine Program

Saunders announced that there will be more dodgeball tournaments in the near future because the turnout of Marines is always good.

“We are going to have another tournament in September,” Saunders said. “There is nothing like watching Marines play the old-school game of dodgeball.”



Cpl. Joel Abshie

Marines and family heckle and cheer on players during the Single Marine Program-sponsored dodgeball tournament, July 19. Joining the alternative sport craze, Marines from all units on base came together with one thing in mind – to defeat their fellow brother-in-arms in dodgeball.